

Sprouting

Making Dormant Seeds & Nuts into Living Foods

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Foreword

This article outlines:

- Benefits of Eating Raw Foods
- Benefits of Eating Sprouts
- The Sprouting Process
- When and How to Eat Sprout
- Soaking Nuts
- Fermenting

Soaking and Fermentation are only mentioned as different methods of eating raw food with living enzymes but the focus of this article is Sprouting. Some additional information is given as various appendices.

I am thankful to Lori Nicholas Davies, Director, Holistic Cooking Academy of Canada <http://www.holistic-cooking.com/> to do the vetting of the content and Di Wright, a Writer and a Coach for editing of the text.

The purpose of this article is to make you aware of eating raw and get you get sprouting and if you do then please let me know by emailing me your story at founder@maxharoon.com

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A. Introduction

Eating raw or living food is an excellent healthy eating habit (other six are outlined in my article "Introduction to Healthy Foods and Eating").

There are a few delicious ways to eat raw living plant based foods:

- Sprouting
- Soaking
- Growing Green or Grass
- Making Milk or Butter or Oil
- Fermentation



Sprouts are a living organism, full of enzymes, good nutrients and proteins. They are highly alkaline and are recommended by all kinds of foodies and dieticians.

The alkalinity of sprouts makes it very favourable to acidity due to cancer and diabetes.

A Sprout is a miniature tree and just like a new born baby contains all nutrients and immunity for a baby to become a full tree. Dry Seeds and nuts dormant and are inherently designed to protect its nutrition and enzymes (by having an Enzyme inhibitor). The inhibitor is protecting seed so even swallowed by animals and excreted it is still good to grow into a tree. Humans and our pets eat way too many "dead foods" - foods without Enzymes. Because of this protection some seeds and nuts have shelf life of 10 years.

Sprouting is a process to dissolve that enzyme inhibitor to access to these vital nutrients.

Soaked and Sprouted Seeds are LIVING FOOD - they contain their own Enzymes and so require none from your body - or as we say - Sprouts digest themselves.

There are only few other plant based sources of live enzymes, such as Pineapple and papaya. Our body need enzymes for all body functions such digestion and assimilation of vital nutrients. Our body produces enzymes (digestive organs and liver produces digestive enzymes) but its quantity is reduces as we age.

Sprouts just like any raw food has distinct advantages as compared to cooked food.

Consider what happens when you eat a cooked food vs. raw food:

- Body has to produce enzymes to digest it (it is a double whammy; raw food provides enzymes while cooked food depletes your enzymes. Enzymes are living biochemical factors that activate and carry out all the biological processes in the body such as digestion, nerve impulses, detoxification processes, functioning of RNA/DNA, repair and healing of the body, and even the functioning of the mind.
- Cooked food nutrients are passed into blood stream as un-split molecules (some of them ends up as a waste) , and manifest into such as:
 - Fat molecule deposited as cholesterol plaque
 - Calcium molecule deposited as arthritis

- Sugar molecule as diabetes

Raw food contains all right enzymes so that there are no un-split molecules left after assimilation and for metabolism. The preservation of our enzymes by eating live foods seems to play an important role in slowing the aging process. With age there seems to be a significant drop in enzyme reserve.

- o White blood cell count (WBC) rises dramatically after ingesting a meal of cooked foods (or a prepared canned food, processed food). This results into bacterial infection, inflammation and depressed immunity. Raw foods do not produce this reaction.
- o In general cooking changes the characteristic of the food, such as:
 - 50% of the protein unavailable
 - Destroys 60-70% of the vitamins, such as 96% of the B12
 - 100% of many of the lesser factors like gibberellins, anthrocyans, nobelitin, and tangeretin which boost the immune system and other body functions.
- o Cooking food and cooking fats changes the molecular structure of its components, disrupts cell structures and cellular functions and consequently impair our health. For example, researchers found that Eskimos eating about two pounds of raw blubber a day had no heart disease or atherosclerosis. When this same community of Eskimos began eating the same amount of cooked blubber, they developed high rates of heart disease and atherosclerosis.

B. Benefits of Eating Sprouts

Sprouts are nutritious. They are baby plants in their prime. They have a greater concentration of vitamins and minerals, proteins, enzymes, phytochemicals, anti-oxidants, nitrosamines, trace minerals, bioflavinoids and chemo-protectants such as sulphoraphane and isoflavone which work against toxins, resist cell mutation and invigorate the body's immune system than at any other point in the plant's life even when compared with the mature vegetable.

Sprouts you grow yourself in your own home are organic. No pesticides, fumigants or synthetic fertilizers. No chemicals.

Have you ever heard of a vegetable which continues to gain vitamins after you harvest it? Sprouts do this. Sprouts are LIVING foods. Even after you harvest your sprouts and refrigerate them, they will continue to grow slowly and their vitamin content will actually increase. Compare this with store-bought vegetables and fruits, which start losing their vitamin content as soon as they're picked and often have to be shipped a thousand miles or more in the winter.

Help to Reduce cancer Risk

A few spoonfuls of sprouted vegetables could help protect against cancer, new research by Professor Ian Rowland and Chris Gill has shown at University of Ulster in 2004.

Eating just over 100 grams of tasty sprouted vegetables every day for a fortnight has been shown to have clear protective effects against DNA damage in human blood cells, according to the researchers.

"DNA damage is associated with cancer risk. Sources of DNA damage include diet-related carcinogens, and bodily processes like oxidative stress - and the raw sprouts protect against this kind of damage.

"And just a portion - 113 grammes - per day of a mix of broccoli, radish, alfalfa and clover sprouts was enough in our tests to show the protective effect," said Professor Rowland.

C. From Seeds to Sprouts: Process using a Jar



There are many appliances and methods to sprout. You can use wet towels or a jar or a dome shaped appliances or a semi-commercial tray appliances.

I am describing a simple process using a wide-mouth, glass canning jars (or even jam jar). You will need screen lids - cut pieces of different (plastic) mesh screens, or buy some of the special plastic screen lids designed for sprouting. Alternatively make some holes in the metallic lid of jam jar or cover the jar with a cheesecloth, muslin, or nylon, and secure with a rubber band.

You can sprout Grains (wheat, barley, rice) Seeds (sunflower, alfalfa) Beans & Legumes (mung, chickpeas, lentils); I am using the word seed here just to describe the process, use two to three tbsps only:

1. Start with 2 to 3 tbsps of seeds. Eliminate hard (and dead seeds) Rinse. Seeds and beans you buy off the shelf at a store are often intended for cooking and need not be subjected to the additional processes and expense! Buy seeds that you know are fresh and clean and intended for sprouting. Nowadays the conventional (non-organic) sprout industry demands that all seeds not only be washed but also soaked in a toxic bleach solution (equivalent to 1 part household bleach + 1 part water) to make seeds safe.
2. Soak in a glass bowl covering about an inch or two over the top of seeds. Keep in a dark place. Mix 2-3 parts water to 1 part seed. You can not use too much - the seeds will only absorb what they can regardless of what they have access too. But don't short them or they won't sprout well. Soaking is also a good way to identify hard/rock seeds which may be a threat to certain types of dental work.
3. Keep it soaked for 5 to 10 hours depending on the seed (small seed need more time, see the column 2 in the table below)
4. Drain the water. Rinse soaked seeds.
5. Throw away hard seeds after spreading the rinse seeds on flat surface. Some supplies of seeds may carry stones. Mung are easy to identify for hard seeds while fenugreek seeds are so small that picking out the hard ones is quite difficult.
6. Service: Put rinsed seeds in the jar, prop jar up at 45 degree angle for any water to drain. The holes in the lid provide circulation. Keep out of direct sunlight but close to sun light to get more chlorophyll.

7. **Rinse** the seeds and “change the water” every few hours depending on the seeds (see the column 3 in the table below for how many times a day). The holes in the lid are useful for draining and air circulation.
8. **Service.** Keep on rinsing for a number of days (see the column 4 in the table below for how many days)

How to tell if seeds are sprouted? Ultimately you will answer this question by experimenting - growing sprouts and eating them at different ages/lengths. My preference is to eat sprouts (except almonds, pumpkin seeds) when the growing root is, on average, the length of the soaked seed.

9. Remove **hulls** if needed. If you're just using cloth, the hulls can be removed with a strainer or colander. But be sure to remove them, or they can get moldy and ruin your sprouts.
10. **Eat** (better to eat fresh) with some water or juice but between the meals. You can add a tsp of apple vinegar cider or lemon (see the section below).
11. **Refrigerate** un-used sprouted seed, never refrigerate wet sprouts. Use it within 12 hours, otherwise rinse every 12 hours until finished. Shake off all excess water. Should finish with a week. (Check for fungus, mould or sliminess. If so, don't eat - throw away).

D. Sprouting Appliances

There are many, only two are discussed here and both have different approaches.

1. **Tony Hornick Sprouter.** Two tray container with a wired-mesh stand to spread seeds. Cover is a dome shaped to provide condensation. The bottom tray is for the water and for stand to rest. Purchase from Tony Hornick at:
<http://www.sproutgrowers.com/>



2. **Easy Sprout** has its own Drainage & Air Circulation. Easy Sprout is 3 1/4 inches on the bottom and 4 1/2 inches on the top. It is 7 inches tall. It has a 1 liter/quart capacity. It is made of High Density Polyethylene. With the snap on Vented Flat Lid and a simple re-design which allows great air circulation even with the Growing Vessel sitting down in the Solid Base

E. How and When to Eat Sprouts

The best time to eat sprout is either first thing in the morning or any time in between meals, you can sprinkle some lemon juice.

Mix a little ACV in water and sip slowly after eating the sprouts.

Apple Cider Vinegar ACV <http://www.earthclinic.com/Remedies/acvinegar.html> , that wonderful old-timers home remedy, cures more ailments than any other folk remedy - They include cures for allergies (including pet, food and environmental), sinus infections, acne, high cholesterol, flu, chronic fatigue, candida, acid reflux, sore throats, contact dermatitis, arthritis, and gout. Apple Cider Vinegar also breaks down fat and is widely used to lose weight. It has also been reported that a daily dose of apple cider vinegar in water has high blood pressure under control in two weeks! Add 2 tablespoons of ACV to a 1 L of water and regularly drink it to detox your liver and kidney.

F. Grains, Seeds & Legumes

1. **Legumes** are a class of vegetables that include lentils, peas, and beans. Common types of lentils include all dals, mung dal, toor dal, masoor dal. Beans - Chickpeas, kidney beans, black-eyed peas, etc.
I recommend only four types of legumes: *Mung (easiest and quickest to grow)*, Garbanzo/Chickpeas, Adzuki, and Lentils. Other legumes/beans are bitter and some have some kind of poison.
2. Mucilaginous seeds: flax, psyllium, chia These can be sprouted as flavoring additive in mixtures (alfalfa, clover, or mustard); to sprout alone requires special clay saucer method. Sprouts are not so good tasting, not worth the trouble for most people.
3. Some Sprouting Seed Mixtures of Interest:
 - mung/adzuki, fenugreek
 - mung/adzuki, urid, dill seed
 - lentils, blackeye peas, alfalfa, radish
 - sunflower seed, moth, fenugreek
 - alfalfa/clover, radish/mustard (for greens)
4. Staple Foods for Sprouting:
 - Easiest to Sprout: wheat, almonds, sunflower, sesame, mung/adzuki, rye
 - Little Hard: oats, barley, buckwheat, rice, lentils*, other legumes
 -

G. Soaking Only (not Sprouting):



Some seeds are only suitable for soaking then sprouting, particularly nuts. Considering some nuts have shelf life of 10 years, we have to release its enzyme inhibitors.

The Benefits of Soaking Nuts and Seeds

- Enzyme inhibitors get neutralized.
- The amount of vitamins your body can absorb increases.
- Gluten breaks down so digestion is much easier.
- Phytic acid, which inhibits the absorption of vital minerals, is reduced.

Steps to Soak

- Soak from 8 - 12 hours, quantity to be just enough to finish in few days. Soaking in warm and salt water will accelerate the process.
- Throw away the water and rinse it thoroughly.
- Dry them or better use dehydrator. Lay them out in a single, sparse layer in a warm oven (lowest possible setting—ideally not more than 120 degrees).
- Store them in refrigerator without a lid so that air can get to it.
- Rinse them at least once (preferably twice) a day with fresh water, draining the water each time.

Be sure to use these nuts within a few days, because as with any live food, mold tends to set in within days if you're not careful.

Some Seeds and their Soaking Time:



- Soaking times vary with the nut. Generally the more dense the nut, the longer the soaking time. Ideally, soaking should be done at room temperature.
- High fat nuts (Brazil nuts, macadamias) may benefit some from soaking, but difference (soaked vs. un-soaked) is small.
- Pumpkin seeds (Pepitas), Pecans, Walnut, Peanuts (skinless), Pine nuts, or Hazelnuts (skinless), almonds (with or without skin), Macadamia nuts: Soaking time: at least 7 hours or overnight
- Cashews: They will become slimy and develop a disagreeable taste if allowed to soak too long or dry out too slowly, perhaps because they come to us not truly raw but having already undergone two separate heatings. Soaking time: 6 hours, no longer
- It is also important to soak all grains, seeds, legumes and nuts to make them easier to digest

H. Indoor Gardening (Growing Greens Indoors):

- Grasses: wheat, barley, oats, rye, kamut, spelt, triticale, and others.
- Vegetables: amaranth, mustard/mizuna, fennel, kale, cabbage, etc.
- Legumes: peas, snow peas
- Other greens: buckwheat, sunflower

I. Fermenting Foods:



If soaking is beneficial to the body then fermenting is even better. Fermenting neutralizes the phytic acid which is important because if you consume the phytic acid in food, it can bind to the phosphorous in your body and prevent mineral absorption.

What do pickles, bread, yogurt, wine, beer, and cheese have in common?

All of these foods are made by fermentation. When you ferment a food, you encourage growth of "good" microorganisms in it, while preventing growth of spoilage-causing microorganisms. Doing this successfully may require special ingredients and carefully controlled conditions, such as temperature and pH. By eating spoilage-sensitive parts of the food, and releasing chemicals as a by-product, the microorganisms help preserve the food, and change its flavor and texture in interesting ways.

Here's a brief look at how fermentation is used to make different foods:

Pickled Vegetables. The vegetable is soaked in salt/brine, allowing the growth of bacteria that eat the vegetable's sugars and produce tart-tasting lactic acid.

Wines. Yeasts, added to crushed grapes, eat the grapes' sugars and produce alcohol.

Breads. Yeasts, added to dough, digest sugars (derived from starches in dough) and produce carbon dioxide, causing the dough to rise.

Cheeses. Milk bacteria digest the milk sugar lactose and produce lactic acid, which acts with the added enzyme rennet to curdle the milk. The cheese maker drains off the whey and compacts the curds, which various microbes then ripen into a mature cheese.

Yogurt, Kefir, Vinegar, Sauerkraut. Probiotic are also examples of fermented foods.

Some Precautions

- The process of fermentation is only good for you if it occurs outside of your body. If you ingest foods that provide an abundance of sugar and growth media for bacteria, they will ferment those foods inside of you. An overgrowth of fermentative bacteria in your body can cause all kinds of medical problems, including Crohn's Disease, [Ankylosing Spondylitis](#), *candidiasis*, and Irritable

Bowel Syndrome. So the key is to pre-ferment your foods, that is to say, ferment your milk before you eat it.

- Do not eat spoiled fermented foods. In some rare instances, fermented foods can be overtaken by mold or become spoiled. In these cases, throw out the result and start anew.

**Appendix A:
How Long to Soak and Service Seeds, Legumes and Grains to Sprout**

1. legume/Seed to Sprout	2. Soak hours	3. How many Rinses Per day	4. How many days to Sprout	Comments
<u>A. Grains</u>				
Buck Wheat (no husk) 	Nil	6	3	Use hulled, *raw* buckwheat groats. Kasha is usually toasted, won't sprout. Raw buckwheat is white/green to light brown; toasted buckwheat is medium brown. Unhulled buckwheat (black hulls) are for greens, not general sprouting. Don't soak longer than 20 minutes as it spoils readily. Sprouts much faster in warm/hot weather.
Millet 	5	3	2	Millet: Soak 8-14 hours, sprout 1-1.5 days. Method: cloth or jar. Hulled millet - most seeds will sprout, but some ferment, producing very sharp taste. Unhulled millet best sprouter, but hull is very crunchy and sprout is rather bland. Best used in recipes.
Barley  Oats  Rye Triticale 	5 to 7	4	5	Barley: "whole" hulled barley and pearled barley won't sprout. Chewy, somewhat bland sprout. Hulls are tough; people with stomach or intestinal ulcers might find hulls irritating. Can be used for grass also. Triticale is a cross between rye and wheat;
4. Wheat  Group including Kamut	8-14	4	1- 5	Wheat can get excessively sweet at 2+ days of sprouting. Spelt has nice texture, but spelt and kamut are more expensive than ordinary wheat. Wheat, rye, kamut, spelt, triticale can be used for grass also.

  <p>Spelt</p>				
 <p>Quinoa</p>	2-4	4 (?)		<p>Quinoa: Very fast Sprouter. Can grow as greens. Strong flavor that many find unpleasant. Small seed, line strainer with cloth. White and black quinoa are available.</p>
<p><u>B. Legumes</u> <u>(Lentils, beans, peas)</u></p>				
<p>Lentils</p> 	6 to 14	2	1-3	<p>Brown/green lentils come in a variety of sizes; the smallest sizes generally sprout faster than the larger.</p> <p>Masoor/Red lentils (do not use split "dahl" form). Red lentils are red inside and brown outside.</p> <p>Lentil sprouts have a spicy flavor and are very popular. Might find hard seeds in lentils from India.</p>
<p>Aduki beans</p> 	10	3	4	
<p>Chickpeas/ Garbanzo</p> 	6	3	4	<p>Garbanzos, standard: Soak 12-18 hours, sprout 1.5+ days.</p> <p>Kala channa: Soak 8-14 hours, sprout 1.5 days. Method: c</p> <p>Chickpeas/Ceci/Green channa: Soak 8-14 hours, They sprout easily but they also spoil easily (bacteria or mold). Best to eat with turmeric or ginger.</p>
<p>Mung family:</p>	8-14		2	<ul style="list-style-type: none"> • Adzuki beans: Soak 8-14 hours, sprout

 <p>Mung Urid/urad (black shelled mung bean)</p>  <p>Moth (Moth is a brownish bean, similar to mung)</p> 				<p>1.0 day. Method:</p> <ul style="list-style-type: none"> • Moth beans: Soak 8-14 hours, sprout 12-18 hrs. Discard "floaters" when sprouting moth. <p>P.S. there is a mung bean that is yellow inside, in Indian stores, but so far have only found split (dahl) form.</p>
<u>C. Seeds</u>				
<p>Sun flower</p> 	6	3	7	<p>Unhulled are for sunflower greens only. Need to skim off seed skins at end of soak period, when rinsing. If you leave them in, they will spoil and your sprouts will spoil quickly.</p>
<p>Pumpkin</p> 	10	2	5	<p>4. Pumpkin: Bacterial spoilage and rancidity are problems when you try to sprout them. Best to simply soak them, then eat.</p>
<p>Alfalfa</p>  <p>Clover</p> 	8	2	3	<p>There is a debate about toxicity in Alfalfa sprouts. Alfalfa and clover are most commonly grown as greens (For greens: soak 4-6 hours).</p> <p>A good non-traditional use for them is as flavoring additive in mixtures, for ex: lentil, alfalfa, radish is nice (alfalfa counteracts "heat" of radish). Alkaloid levels can be very high in alfalfa. Need alfalfa seed with very high germination rate (over 90%) to successfully grow greens in jar - else unsprouted seeds will decay and spoil greens.</p>
<p>Japanese reddish, Reddish</p>  <p>Sesame</p>	5-7	2	3	.

					
Fenugreek (Indian name: Methi)	8-14		1		Slightly bitter, best used as flavoring additive in mixtures. Fenugreek sprouts are good digestive aid and good for the liver. Hard seeds are common in fenugreek.
	10-14		1		Use only unblanched almonds. Sprout + storage time should not exceed 2 days or sprouts may turn rancid. Best to peel sprouts before eating (peeled have incredible flavor). Peeling is tedious, reduced by blanching in warm water (15-30 seconds in hot water from faucet). One of the very best sprouts!
7. Almond 					
Cabbage 	6-14		1+		Very strong flavor, best used as flavoring in mixtures. Can also be grown into greens.
kale 					

Sprouting times given above are average time. The soaking times can be increased or decreased

Appendix B: Oat Sprout & Almond Milk

The following makes around 3 cups of delicious oat/almond milk.

Ingredients:

1. 1/4 cup dry sprouting oats
 2. 15-20 almonds
 3. Water
- Soak oats for 12 hours, then sprout for 1.5 days
 - Soak almonds for 12 hours, then sprout for 1.0 days (should be ready about same time as oat sprouts)
 - Rinse oat sprouts, put in blender with 2 cups good quality water, and blend. Best to add 1 cup water, blend on medium for 30 seconds or so, then add second cup of water and blend on high for another 30-45 seconds.
 - Strain the blended liquid through a steel mesh strainer and/or cheesecloth (or similar). Discard hull pulp, rinse blender clean, put base milk back in blender.
 - Peel the sprouted almonds (might blanch first with warm water), rinse, put almonds in blender.
 - Add 1 tablespoon of raw honey (or other sweetener, optional) to blender.
 - Now add flavoring, one of: vanilla bean (about 1/2 inch or so), cardamom seed (decorticated or powder, 1/4 tsp), or cinnamon (1 rounded tsp). Run blender on medium speed for a few seconds to mix/grind, and then turn down to low speed and let blender run for 5+ minutes to homogenize. (The almonds are not strained out but retained in the milk for full flavor and nutrition.)

Appendix C: Resources: Sprouting

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<http://www.sproutpeople.com/>

Tony Hornick, inventor of Sprout Grower, a dome shaped device

<http://www.sproutgrowers.com/>

Read Tony Hornick story of living healthy without spending fortune

<http://www.sproutgrowers.com/TonysStory/TS.htm>

Good resource on the power of raw and living foods:

<http://www.living-foods.com/articles/sprouting.html>

Appendix D: Resources: Fermentation

Websites:

[Dom's Kefir In-site](#): How to Make Kefir (The best source for Kefir anywhere).

[Sauerkraut Fermentation](#) - from the Bacteriology Dept of UW-Wisconsin

[Weston A. Price Org](#) - Lacto-Fermentation Article

[Lucy's Kitchen Shop](#): A trusted source for yogurt makers and starters.

[SCD Notes on Yogurt](#)

[Aquaman's Sauerkraut Recipe](#)

[A Sauerkraut Crock Recipe](#)

[Kim Chi Recipe](#)

Books:

[Probiotics: Nature's Internal Healers](#), by Natash Trenev

[Breaking the Vicious Cycle: Intestinal Health through Diet](#) by Elaine Gottschall.

[Nourishing Traditions: The Cookbook that Challenges Politically Correct Nutrition and the Diet Dictocrats](#) by Sally Fallon, Mary G. Enig, and Kim Waters.

[Beyond Probiotics](#), by Ann Gittleman.

[Acidophilus and Colon Health: How to Prevent Illness, Build Immunity, and Live a Longer, Healthier Life](#), by David Webster.

Appendix D: About the Author



Max Haroon, AIP is the founding president of the Society of Internet Professionals. As a social entrepreneur he has founded three social groups - Life Entrepreneurs Institute (www.LifeEntrepreneursInstitute.org), Friends of Heart (www.FriendsofHeart.org) and The Inspirational Book Club (www.Inspirationalbookclub.org). Running various organizations, he had the opportunity to organize hundreds of events including educational workshops and conferences since 1985.

He has been involved in the Information Technology (IT) industry in various sectors, including the Internet and IT Training for over 35 years. He evangelizes leveraging the Internet and is a notable speaker at conferences and symposiums. He can be contacted by email at: founder@maxharoon.org or by phone at 416-891-4937. Visit <http://www.maxharoon.org/>